

The Competition Handbook



INTRODUCTION:

This Handbook details the competition procedures and rules of Little Athletics Queensland (LAQ) and modified rules of Little Athletics Australia (LAA) and is intended along with the Officials Handbook and World Athletics rules as a guide for Officials who assist during competitions conducted each season by LAQ and/or its servants at Centres, Regional Competitions, Carnivals and Championships

Some of the rules listed in this handbook may be Resolutions from the LAA or LAQ Conferences or By-Laws from the LAQ Board of Directors.

The Resolutions made at a General Meeting of the Association, can only be changed by another General Meeting. The Association's Annual Conference is the only General Meeting each year at which Policy decisions are made. Resolutions are identified by letters and numbers e.g.

BoD 1 ('00)

The By-Laws can be changed either by the Board of Directors or by an Association General Meeting (i.e. Annual Conference). By-Laws are identified by numbers - year, month and number e.g.

'89 11 01

The Association's Competition Year shall run from 1st April to 31st March, however Centres may choose their own competition period within that year, comprising a maximum 26 weeks of competition within a 30 week block, signing on at a date not more than two (2) weeks prior to the nominated competition period. The competition period must be concluded by the 31st March the following year, unless otherwise approved by the Board. The maximum competition period of 26 weeks is designed to include allowances for washed out meets.

BoM 4 ('03)

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1. SUMMARY OF TRACK & FIELD EVENTS

1.1 Summary of Standard Competition Events U9-U17s

All events are for boys & girls unless otherwise stated.

EVENTS	U9	U10	U11	U12	U13	U 14	U 15	U16	U17
70 metre	√	√							
100 metre	√	√	√	√	√	√	√	√	√
200 metre	√	√	√	√	√	√	√	√	√
300 metre									
400 metre	√	√	√	√	√	√	√	√	√
500 metre									
700 metre									
800 metre	√	√	√	√	√	√	√	√	√
1500 metre			√	√	√	√	√	√	√
60m Hurdle	√	√							
80m Hurdle			√	√	√	G			
90m Hurdle						B	G	G	
100m Hurdle							B	B	G
110m Hurdle									B
200m Hurdle					√	√			
300m Hurdle							√	√	√
300m Race Walk									
700m Race Walk	√								
1100m Race Walk		√	√						
1500m Race Walk				√	√	√	√	√	√
3000m Race Walk						√	√	√	√
4 x 70 Relay									
4 x 100 Relay	√	√	√	√	√	√	√	√	√
4 x 200 Relay	√	√							
Swedish Relay			√	√	√	√	√	√	√
4 x Medley Relay			√	√	√	√			
1000m Cross Country	√	√	√	√	√	√	√	√	√
2000m Cross Country			√	√	√	√	√	√	√
3000m Cross Country					√	√	√	√	√
4000m Cross Country							√	√	G
6000m Cross Country									B
Long Jump	√	√	√	√	√	√	√	√	√
Triple Jump			√	√	√	√	√	√	√
High Jump	√	√	√	√	√	√	√	√	√
Shot Put	√	√	√	√	√	√	√	√	√
Discus	√	√	√	√	√	√	√	√	√
Javelin			√	√	√	√	√	√	√
Vortex / Turbo Jav									

Legend:
 √ Centre & LAQ Competition
 □ Optional at Centre only

■ Not permitted
 ■ LAA Standard Events (may be eligible for ABP's)

1.2 Standard Development Events (U6 to U8)

1.2.1 All events are for boys & girls unless otherwise stated. Events must not exceed the distances and / or specifications as listed.

Event Type	U6	U7	U8
Race Walks	N/A	N/A	Up to and including 700m
Sprints	Up to and including 100m	Up to and including 200m	Up to and including 200m
Hurdles	60m, max height 20cm (PVC training hurdles)	60m, max height 30cm	60m, max height 45cm
Middle Distances	Up to and including 300m (pack start)	Up to and including 500m (pack start)	Up to and including 700m (pack start)
Throws	Shot Put - 1kg Discus - 350g Vortex - 300g	Shot Put - 1kg Discus - 350g Vortex - 300g	Shot Put - 1.5kg Discus - 500g Vortex or Turbo Jav - 300g
Horizontal Jumps	Long Jump (using mat or sand)	Long Jump (using mat or sand)	Long Jump (using mat or sand)
Vertical Jumps	N/A	N/A	High Jump (scissors only: bar or flexy rope)
Relays	Max leg of 100m	Max leg of 200m	Max leg of 200m

1.3. Standard Multi-Class Events (U9 - U17)

EVENTS	U9 & U10	U11 & U12	U13 & U14	U15 - U17
100m	✓	✓	✓	✓
200m	✓	✓	✓	✓
400m	✓	✓	✓(*)	✓(*)
800m	✓	✓	✓	✓
Long Jump	✓(*)	✓(*)	✓(*)	✓(*)
Discus	✓(*)	✓(*)	✓(*)	✓(*)
Shot Put	✓	✓	✓	✓
Javelin		✓(*)	✓(*)	✓(*)
Relay 2 x 100m	✓	✓	✓	✓

(*) - ambulant only

2. EVENT & EQUIPMENT SPECIFICATIONS

2.1 TRIAL EVENTS

- 2.1.1. Centres at the instruction of the BoD or Conference are able to trial events, event specifications changes, and age groups in Queensland, to take the results of such trials to the Little Athletics Australian (LAA) Conference. Refer to the Association Constitution and the Resolutions and By-laws for implementation of trial procedures.

2.2 HURDLES

2.2.1. Distance and Age Specifications

	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17
60mH (20cm)	BG	---	---	---	---	---	---	---	---	---	---	---
60mH (30cm)	---	BG	---	---	---	---	---	---	---	---	---	---
60mH (45cm)	---	---	BG	BG	---	---	---	---	---	---	---	---
60mH (60cm)	---	---	---	---	BG	---	---	---	---	---	---	---
80mH (60cm)	---	---	---	---	---	BG	---	---	---	---	---	---
80mH (68cm)	---	---	---	---	---	---	BG	---	---	---	---	---
80mH (76cm)	---	---	---	---	---	---	---	BG	G	---	---	---
90mH (76cm)	---	---	---	---	---	---	---	---	B	G	G	---
100mH (76cm)	---	---	---	---	---	---	---	---	---	B	B	G
110mH (76cm)	---	---	---	---	---	---	---	---	---	---	---	B
200mH (68cm)	---	---	---	---	---	---	---	BG	---	---	---	---
200mH (76cm)	---	---	---	---	---	---	---	---	BG	---	---	---
300mH (76cm)	---	---	---	---	---	---	---	---	---	BG	BG	BG

2.2.2. Flights, Spacing and Height Specifications

60m	6 Flights	@	7m spacing, 12m lead in, 13m run out 20cm U6 Boys & Girls 30cm U7 Boys & Girls 45cm U8 & U9 Boys & Girls 60cm U10 Boys & Girls	
80m	9 Flights	@	7m spacing, 12m lead in, 12m run out 60cm U11 Boys & Girls 68cm U12 Boys & Girls 76cm U13 Boys & Girls, U14 Girls	LAA ('17)
90m	9 Flights	@	8m spacing, 13m lead in, 13m run out 76cm U14 Boys, U15 & 16 Girls	
100m	10 Flights	@	8.5m spacing, 13m lead in, 10.5m run out 76cm U15 - 16 Boys & U17 Girls	'15 09 09
110m	10 Flights	@	9.14m spacing, 13.72m lead in, 14.02m run out 76cm 17 Boys	'15 09 09
200m	5 Flights	@	35m spacing, 20m lead in, 40m run out 68cm U13 Boys & Girls 76cm U14 Boys & Girls	'16 07 12
300m	7 Flights	@	35m spacing, 50m lead in, 40 run out 76cm U15 to U17 Boys & Girls	'15 09 09

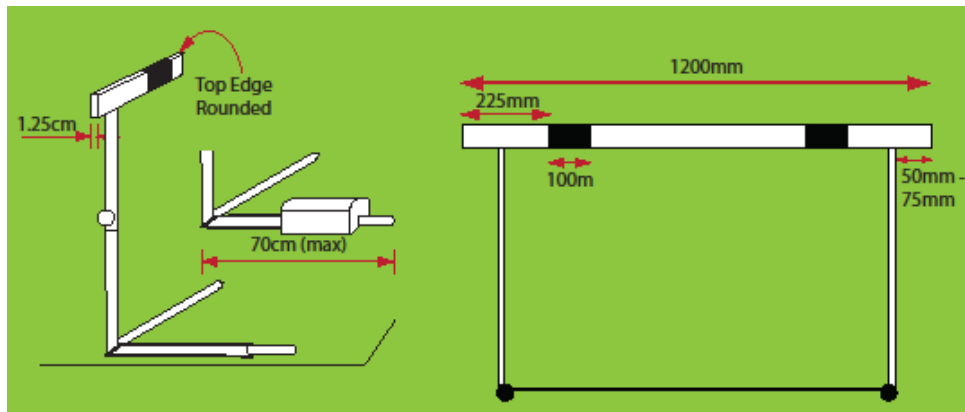
- 2.2.3. Any Centre and or Regional Championships Venue that is not able to cater for a full 110m distance shall have the ability to conduct the event over 100m and minus one hurdle flight. In these instances the 110mH flights may be set up so that the run in and spacing meet LAQ 110mH specifications, however the runout would be shorter. '15 09 09

- 2.2.4. The standard competition hurdle shall be made of metal with the top bar of wood or other suitable material. Hurdles shall consist of two feet and two uprights supporting a crossbar.

- a) Hurdles used for U6s should be made of light weight material e.g. PVC or similar extruded plastics '20 07 14

- 2.2.5. The hurdle crossbar shall be adjustable in height. The face of the crossbar shall be 7cm in width and shall be 120cm in length. The end of the crossbar shall project 5cm to 7.5cm outside the hurdle frame upright.

- 2.2.6. Each crossbar should be painted white and have black or coloured stripes painted or taped to the bar.
- 2.2.7. The hurdle shall be so designed that it shall just resist a force of 2 to 3kgs, applied at the top edge of the crossbar.
- 2.2.8. Hurdles designed to collapse on contact may have feet that are designed to go on the non-approach side, or straddle the hurdle placement line. '19 05 08
- 2.2.9. Collapsible type means when a hurdle is knocked down it lays flat on the track without any part of the hurdle protruding.
- a) All Centres must be using collapsible hurdles by the commencement of the 2019/2020 season. LAA ('13)



2.3 RELAY BATONS

- 2.3.1. The baton specifications are:
- Diameter 32mm (+/- 2mm)
 - Length minimum - 280mm, maximum - 300mm
 - Weight minimum - 50g

LAA ('17)

2.4 STARTING BLOCKS

- 2.4.1. At the discretion of the Centre Committee, U11 to U17 athletes have the option to use starting blocks at Centre Competitions in laned events up to 400M including the first leg of the relay races. Starting blocks may be provided by the Centre or by the athlete, only if not provided by the Centre. BoD C9 ('14)
- 2.4.2. At the discretion of the Regional Committee, U11 to U17 athletes have the option to use starting blocks at the Regional competitions in laned events up to 400m including the first leg of the relay races. Only blocks provided by the Region shall be used. BoD C11 ('14)
- 2.4.3. U11 to U17 athletes have the option to use starting blocks at the Carnivals and Championships in laned events up to 400m including the first leg of the relay races. Starting blocks to be provided by the Association. BoD C10 ('14)

2.5 HIGH JUMP

- 2.5.1. U8 to U10 Scissors only: onto low scissors mat
- The minimum height of scissors jump mats should be 15cm, the maximum should be 30cm
 - The landing area should not be less than 5m x 3m
- 2.5.2. U11 to U17 Scissors or flop technique: onto appropriate thickness and density flop mats. LAA ('16)
- The minimum height of the flop mats should be 40cm (preference to 50cm or higher)
 - The landing area for the flop should not be less than 5m x 3m

2.6 LONG / TRIPLE JUMP

2.6.1. Age Group Specifications

	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17
Long Jump												
1m x ½m mat	BG	BG	BG	BG	BG	---	---	---	---	---	---	---
1.22m x 20cm	---	---	---	---	---	BG	BG	BG	BG	BG	BG	BG
Triple Jump												
1.22m x 20cm	---	---	---	---	---	BG	BG	BG	BG	BG	BG	BG

LAA ('16)

2.7 DISCUS

2.7.1. Age Group & Weight Specifications

	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17
350g	BG	BG	---	---	---	---	---	---	---	---	---	---
500g	---	---	BG	BG	BG	BG	---	---	---	---	---	---
750g	---	---	---	---	---	---	BG	BG	---	---	---	---
1kg	---	---	---	---	---	---	---	---	BG	BG	BG	G
1.5kg	---	---	---	---	---	---	---	---	---	---	---	B

LAA ('18)

LAA ('18)

2.7.2. U6 to U17 athletes will use rubber / synthetic compound discus in normal Centre competition.

2.7.3. U13 to U17 athletes competing in the Multi-Events or individual discus event at Regional and State Championships, LAQ Carnivals, Regional Relay or State Relay Championships shall have the choice of a metal rimmed discus (if available) or a rubber discus of the weight relevant to their age group. '10 05 08

2.7.4. The weight tolerance shall be between zero and +0.025kg. The tolerance of the diameter shall be within the minimum and maximum listed:

350g:	119 ~ 121mm	1kg:	180 ~ 182mm
500g:	134 ~ 139mm	1.5kg:	200 ~ 202mm
750g:	154 ~ 156mm		

'19 05 08

2.8 JAVELIN

2.8.1. Age Group & Weight Specifications

	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17
400g	---	---	---	---	---	BG	BG	G	G	---	---	---
500g	---	---	---	---	---	---	---	---	---	G	G	G
600g	---	---	---	---	---	---	---	B	B	---	---	---
700g	---	---	---	---	---	---	---	---	---	B	B	B

2.8.2. The shaft of the javelin shall be constructed completely of metal or other suitable material. The weight tolerance shall be between zero and +0.025kg '19 05 08

2.9 SHOT PUT

2.9.1. Age Group & Weight Specifications

	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17
1kg <i>blue</i>	BG	BG	---	---	---	---	---	---	---	---	---	---
1.5kg <i>yellow</i>	---	---	BG	---	---	---	---	---	---	---	---	---
2kg <i>orange</i>	---	---	---	BG	BG	BG	BG	---	---	---	---	---
3kg <i>white</i>	---	---	---	---	---	---	---	BG	BG	G	G	G
4kg <i>red</i>	---	---	---	---	---	---	---	---	---	B	B	---
5kg <i>green</i>	---	---	---	---	---	---	---	---	---	---	---	B

LAA ('18)

2.9.2. The weight tolerance shall be between zero and +0.025kg. The tolerance of the diameter shall be within the minimum and maximum listed '19 05 08

1kg:	76 ~ 86mm	3kg:	85 ~ 110mm
1.5kg:	76 ~ 86mm	4kg:	95 ~ 110mm
2kg:	76 ~ 86mm	5kg:	100 ~ 120mm

3. FOOTWEAR & UNIFORM

3.1 FOOTWEAR & SPIKES

3.1.1. Shoes must be worn by all athletes while competing in any LAQ sanctioned track and field competition. Any person seeking exemption from wearing shoes must support their application with a relevant medical certificate on the day of competition, before competing. STP 53 ('02)

3.1.2. No athlete may wear football boots or cleats in an event.

3.1.3. Spikes

- a) At Centre level at the Centre Management discretion, athletes from U11 age group and upwards are able to wear spikes in appropriate events as detailed in the table below.
- b) Athletes in the U6 to U10 age groups may not wear spike shoes.
- c) Athletes in the U11 to U12 age groups may wear spike shoes in long jump, triple jump, high jump and javelin and in events run entirely in lanes. LAA ('15)
- d) Athletes in the U13 to U17 age groups may wear spike shoes in long jump, triple jump, high jump, javelin and in all track events (except walks). LAA ('15)
- e) Needle / pin spikes are prohibited on synthetic tracks at LAQ Competitions including Regional Competitions. '19 05 08
- f) On synthetic track: spikes must be no longer than 7mm.
- g) On synthetic field: spikes must be no longer than 9mm.
- h) On grass track or field: spikes must be no longer than 12mm.
- i) Any number of spikes up to 11 may be accommodated on each shoe, but the number of spike positions shall not exceed 11. LAA ('15)
- j) Spike shoes must be worn with all holes filled with a complete set of spikes, with no more than two blanks / slugs installed. LAA ('15)
- k) Spike shoes must only be worn during an event and are not to be worn to and from an event
- l) Spiked shoes must not be worn in the stand or outer areas of the track.
- m) Spiked shoes should be carried in a suitable bag at all times and stored safely when not in use.



Allowed spike styles

Any athlete not exercising care when using spikes may be disqualified from wearing them for the remainder of the competition.

3.1.4. Age & Event Specifications

	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17
Track												
Laned	---	---	---	---	---	S∅S	S∅S	S∅S	S∅S	S∅S	S∅S	S∅S
Unlaned	---	---	---	---	---	---	---	S∅S	S∅S	S∅S	S∅S	S∅S
Relays	---	---	---	---	---	lr *	lr *	S∅S	S∅S	S∅S	S∅S	S∅S
Field												
V Jumps	---	---	---	---	---	S∅S	S∅S	S∅S	S∅S	S∅S	S∅S	S∅S
H Jumps	---	---	---	---	---	S∅S	S∅S	S∅S	S∅S	S∅S	S∅S	S∅S
Javelin	---	---	---	---	---	S∅S	S∅S	S∅S	S∅S	S∅S	S∅S	S∅S

Legend:

- S∅S May wear spike shoes with spikes
- lr U11 - U12 Athletes competing in 4 x 100m Relays may wear spike shoes with spikes
- * Athletes competing in U13 - U17 Relay teams may wear spike shoes with spikes

3.2 COMPETITION UNIFORMS

- 3.2.1. When presenting to the Call Room or Competition arena, all athletes must be attired in correct Centre uniform as approved by LAQ. The uniform must be worn in compliance with the items design, e.g. not rolled up or down. Refer to the LAQ Uniform and SunSafe Policies and World Athletics Handbook for further information
- a) The Registration number is to be affixed to the front of the uniform top and must be entirely visible.
 - b) The age label is to be affixed to the left shirt sleeve or, in the case of a crop top or singlet, on the left side of the shorts or similar.
 - c) The Coles patch must be adhered to the front right chest side of the uniform.

3.2.2. Failure to comply with the uniform rules and policies may lead to the athlete not being allowed to enter the competition arena.

3.2.3. Uniform Infringements

If an athlete arrives at the Call Room or is on the arena and found to be out of uniform, the following procedure shall be followed:

- a) Athletes in the U13 and older age groups may be approached directly on the arena or in the Call Room and be given a verbal warning for a uniform infringement without the presence of a Team Manager. These age groups are to be advised that they may continue to compete in that event if time does not allow the infringement to be fixed prior the event or that the infringement must be rectified prior to their next event. '17 03 08
- b) Athletes in the U12 and younger age groups will not be approached. However, Team Managers will be called to ensure that the uniform infringement be rectified prior to their next event. '17 03 08
- c) The appropriate Official will complete a uniform infringement report, which will be provided to the Uniform Manager as soon as possible prior the event being completed.
- d) The Uniform Manager shall contact the Announcer to call for the relevant Centre's Team Manager to report to the Uniform Manager or appointed Official(s).
- e) The Uniform Manager will advise the Team Manager:
 - of the athletes details and the uniform infringement e.g. bike pants rolled down from the waist, incorrect coloured shorts, compression garments only on boys, missing patch(es) or registration number and
 - that they are requested to ensure that the uniform infringement be fixed so that the athlete reports to the next event in correct uniform.
- f) If the infringement is due to a logo, the logo may be covered with tape at the Call Room.
- g) If an athlete is reported for a uniform infringement in the Call Room or on the arena for a second time, the athlete may be disqualified at the discretion of a Start / Track Referee, Field Referee, Meet Manager or Competition Manager.
- h) The athlete may only be approached on the arena prior to the start of event's competition or at the conclusion of the event's competition or while in the Call Room.
- i) After the competition, a letter will be issued to the Centre(s) whose affiliated athletes were reported of uniform infringements.
- j) Athletes who are reported for Uniform infringements at following LAQ competitions in the same season, may be DQ'd from competing in the competition at the discretion of a Meet Manager or Competition Manager.

4. INJURY & MEDICATION

Medical Officers are to be appointed / arranged by the Association for all Carnivals / State events, or by the Regional Competition Coordinator for Regional competitions. The appointed Officers must have appropriate first aid or medical qualifications and a Blue Card.

4.1 INJURY

4.1.1. Athletes competing with Injury

- a) An injured athlete's participation would be the sole responsibility of the athlete / parent / guardian.
- b) Any athlete with an arm cast competing on the track shall be placed in an inside or outside lane.
- c) Any athlete with an arm cast on the field would be allowed to compete, and shall not to be disqualified or excluded from competition due to the cast providing extra support. ^{'10 05 01}

4.1.2. All injuries that are sustained and / or treated during competition must be reported on the appropriate form.

4.2 MEDICATION

4.2.1. As part of its Drug policy, LAQ

- a) Is totally opposed to the use of any banned substances and use of any artificial aids for the purpose of obtaining an advantage in competition;
- b) Is totally opposed to the use of illegal recreational drugs; and
- c) Recognises that the use of caffeine (tablets, drinks or by other means) is not recommended, as it is an addictive substance and a diuretic. Athletes should be re-hydrating before and after physical activity not dehydrating.
- d) Recognises the role of **Australian Sports Anti-doping Authority - ASADA** in the development of policies pertaining to drugs in sport.

4.2.2. Use of Asthma Inhalers

- a) If necessary asthmatics should use their inhalers prior to each event.
- b) It is advised that inhalers be carried on the person but **MUST NOT** be held in the hand during the conduct of an event.
- c) Should an attack of asthma develop during the event, the athlete should:
 - i. Withdraw from the event immediately and may not return to the event.
 - ii. Use their medication.
 - iii. Contact their family doctor as soon as possible, advise that an attack had developed, and seek advice.
- d) Should an attack develop after the race, the athlete should follow steps as per items above.
- e) Use of inhalers is permitted while waiting at field events, but not during a trial.

5. THE COMPETITIONS

Competitions are conducted across a number of levels from Centre to National Championships.

5.1 COMPETITION LEVELS

	CENTRE	INTER-CENTRE	LAQ REGION	LAQ STATE CONDUCTED	LAA NATIONAL
Tiny Tots	Play training	Play training	Play training	Play training	====
U6	Play training Maximum of 4 events	Play training Maximum of 4 events	Play training	Play training	====
U7	Play training Individual events Relays Modified Combined Event	==== Individual events Relays Modified Combined Event	==== Individual events Relays ====	==== ==== ==== Modified Triathlon	==== ==== ==== ====
U8	Play training Individual events Relays Modified Combined Event	==== Individual events Relays Modified Combined Event	==== Individual events Relays ====	==== ==== ==== Modified Triathlon	==== ==== ==== ====
U9	Individual events Relays Modified Pentathlon	Individual events Relays Pentathlon	Individual events Relays ====	Individual events Relays Modified Tetrathlon	==== ==== ====
U10	Individual events Relays Modified Pentathlon	Individual events Relays Pentathlon	Individual events Relays ====	Individual events Relays Modified Tetrathlon	==== ==== ====
U11	Individual events Relays Modified Pentathlon	Individual events Relays Pentathlon	Individual events Relays ====	Individual events Relays Modified Tetrathlon	==== ==== ====
U12	Individual events Relays Pentathlon	Individual events Relays Pentathlon	Individual events Relays ====	Individual events Relays Pentathlon	==== ==== ====
U13	Individual events Relays Pentathlon	Individual events Relays Pentathlon	Individual events Relays ====	Individual events Relays Pentathlon	Team Competition Relays ====
U14	Individual events Relays Pentathlon	Individual events Relays Pentathlon	Individual events Relays ====	Individual events Relays Pentathlon	==== ==== ====
U15	Individual events Relays Pentathlon / Heptathlon	Individual events Relays Pentathlon / Heptathlon	Individual events Relays ====	Individual events Relays Heptathlon	==== Relays Heptathlon
U16	Individual events Relays Pentathlon / Heptathlon	Individual events Relays Pentathlon / Heptathlon	Individual events Relays ====	Individual events Relays Heptathlon	==== ==== ====
U17	Individual events Relays Pentathlon / Heptathlon	Individual events Relays Pentathlon / Heptathlon	Individual events Relays ====	Individual events Relays Heptathlon	==== ==== ====

- 5.1.1 Tiny Tots activities shall not be timed, placed or measured. All activities shall be in accordance with endorsed LAQ programs. Tiny Tots may be offered a track event to a maximum distance of 60m. '19 05 08
- 5.1.2 At Centre Carnivals, results may be recorded for U6 track, field or other events, but athletes must not be placed or have medals awarded. '21 03 01
- 5.1.3 Combined Events at Centre and Inter-Centre competitions may only comprise of LAQ approved events for the age groups. Such events may not exceed three (3) Combined Events for U7 and U8 age groups, a Pentathlon for U9 - U14 age groups or a Heptathlon for the U15 - 17 age groups. '19 05 08

5.2 COMPETITION TYPES

- 5.2.1. Centre Competition: Weekly Competition conducted in a local area. Refer to Centre Programming Manual for further detail.
- a) Centres may provide age appropriate Combined Event or Carnival type competitions, to Centre members or invited registered members of other LAQ Centres. Such competitions must be conducted under LAQ rules and comply with requirements as detailed on the LAQ Sanction Request form, which is to be completed and submitted to LAQ for consideration. Centres may also invite registered members of QA, provided their participation is sanctioned by QA. '19 05 08
- 5.2.2. Regional Competition: The State is typically divided into geographic Regions, which under the direction of the Board conduct the Regional Championships & Relays for U7 to U17 athletes; provides an opportunity for athletes to qualify for State Championship events.
- 5.2.3. LAQ State Competitions: Carnivals, State Combined Event Championships, State Relays and State Championships. '19 05 08
- 5.2.4. National Competition: The Little Athletics Australian Championships (LAAC) are held annually, for the U13 age group State Team and U15 Multi-Event Team.

5.3 LAQ CARNIVALS

- 5.3.1. The Carnivals will be run under LAQ rules and as outlined in this section
- 5.3.2. The Association will arrange for a Winter Carnival, Spring Carnival and Summer Carnival for U7 to U17s.
- a) All Carnivals shall be conducted at a venue with the necessary infrastructure and an all-weather track. The Board will review the venues allocation annually.
- The Winter Carnival shall be held between April and September at a Winter Region venue,
 - The Spring Carnival shall be held within the Central Coast or Central North Regions,
 - The Summer Carnival shall be conducted at a venue in the South East Qld Regions.
- b) The Winter Carnival shall also be open to non-LAQ registered age appropriate athletes
- 5.3.3. The Carnivals, for U7 and U8 age groups,
- a) Will not have a rigid competition principle adopted. Officials can act in an advisory capacity but normal rules of competition are applied
- b) There will be no track finals and only three (3) trials at any field event
- c) Protests will not be entertained
- d) Participating U7 and U8 athletes will receive a participation medallion.
- 5.3.4. Athletes nominating for the Winter Carnival
- a) U7 and U8s may nominate up to seven (7) events.
- b) U9 to U17s shall be limited to seven (7) nominated events' with the option to compete in the 100m Handicap Race and or Track Relay if offered.
- c) U15 to U17s nominating for the Heptathlon may also nominate for two (2) individual events. BoD 11 ('18)
- 5.3.5. Athletes nominating for the Spring and Summer Carnival
- a) U7 to U17s shall be limited to five (5) events,
- b) U9 - U17s shall have the option to compete 100m Handicap race as an additional event if offered.
- 5.3.6. LAQ registered and classified Multi-Class athletes U9 - U17s have the opportunity to nominate in multi-class events or standard events; however, they may not nominate twice in the same event.
- 5.3.7. Track Events
- a) Timed Finals will be conducted. Recorded times will determine places and medals.
- b) Relays, if conducted, will be fun events only. Therefore, there will be no placings or medals; and Best Performances will not be recognised.
- 5.3.8. In Field events (except for High Jump), each athlete shall be allowed three trials.
- a) In High Jump, athletes will only be allowed a total of four (4) failures before being excluded from further competition in that event. Each athlete shall have three trials to clear a height. However, if an athlete misses three (3) consecutive trials they are also out of the competition.
- b) Each athlete shall be credited with the best of all his/her trials. For the U9 and higher age groups, the recorded distances will determine places and medals.

- 5.3.9. Medals shall be presented to the
 - a) First three (3) place getters in each U9 to U17 event final at all Carnivals.
 - b) First three (3) place getters in U15 - U17 Heptathlon at the Winter Carnival
 - c) First three (3) place getters in each Multi-Class age-group category per LAQ Multi-Class specific Rules.

5.4 COMBINED EVENTS and COMBINED EVENT CHAMPIONSHIPS

- 5.4.1. For all LAQ Combined Events, athletes must compete in all set events for (and in) their (own) age group.
 - a) At all Association Competitions for the U15 age group, LAQ will adopt the system in use by Little Athletics Australia for the Multi-events (Heptathlon). JIM 11 ('09)
 - b) Any U9 - U17 athlete failing to start or make a trial, in any of the events of the Combined Event shall not be allowed to take part in the remaining events, and shall be considered to have abandoned the competition. Therefore, that athlete shall not figure in the final placings. '88 05 01
 - c) Any athlete deciding to withdraw from the Combined Event competition shall immediately inform the Referee (through the Team Manager if prior to the commencement of the first event and directly if during the competition) of his / her decision. '88 05 01
 - d) Where both the Combined Events and the similar individual events are offered in the same program, these should be run as separate events and programed as such.
 - e) Track events: only timed finals are conducted.
 - f) Field Events: three trials only.
 - g) Points are awarded based on their performance.
 - h) The first three (3) place getters in U9 - U17 age groups will receive medals.

- 5.4.2. LAQ U15 - U17 Heptathlon
 - a) Will be offered at the Winter Carnival and the Combined Event Championships '18 03 04
 - b) Comprises of a Hurdle event, a Sprint event, a Distance event, two (2) throws and two (2) Jumps events.
 - c) Each athlete will be allocated points for their best performance in each of the seven (7) events; such points will be calculated with the WORLD ATHLETICS FAT Scoring Table for Combined Events. The calculation of points for the sprint hurdles shall be the 100m Hurdles (girls) and 110m Hurdles (boys).
 - d) Table of Events

Age	Day One			Day Two			
	U15 Boys	100mH	Long Jump	Discus	100m	Javelin	High Jump
U15 Girls	90mH	High Jump	Shot Put	200m	Javelin	Long Jump	800m
U16 Boys	100mH	Long Jump	Discus	100m	Javelin	High Jump	800m
U16 Girls	90mH	High Jump	Shot Put	200m	Javelin	Jump	800m
U17 Boys	110mH	Long Jump	Discus	100m	Javelin	High Jump	800m
U17 Girls	100mH	High Jump	Shot Put	200m	Javelin	Jump	800m

- 5.4.3. LAQ Combined Event Championships
 - a) The competition may be held in regional Queensland provided an all-weather track is available.
 - b) The program of events will include:
 - i. U7 & U8s Triathlon 3 events: 1 track, 1 jump & 1 throw
 - ii. U9 - U11s Tetrathlon 4 events: 2 track, 1 jump & 1 throw (alternating)
 - iii. U12 - U14s Pentathlon 5 events: 3 track, 1 jump & 1 throw
 - iv. U15 - U17s Heptathlon 7 events: per LAA standard
 - v. U13 - U17s Field Jumps Multi 3 events: High, Long and Triple Jumps
 - vi. U13 - U17s Field Throws Multi 3 events: Discus, Javelin and Shot '18 03 01
 - vii. U13 - U17s Track Multi 3 events: 100, 200, and age relevant sprint hurdle '19 05 09
 - viii. U9 - U17 MC Triathlon 3 events: 1 track, 1 jump & 1 throw '19 05 09
 - c) Provided the two Combined Events selected are programmed on different days, U13s & U14s may nominate for the Pentathlon and one Triathlon, or only two Triathlons; and the U15s - U17s may nominate for two Triathlons or the Heptathlon.

d) Table of Events

Age Group	Track 1	Track 2	Track 3	Jump 1	Jump 2	Throw 1	Throw 2
U7s	100M			Long Jump		Discus	
U8s	100M			Long Jump		Shot Put	
U9 Girls	100M	800M		Long Jump		Shot Put	
U9 Boys	100M	800M		High Jump		Discus	
U10 Girls	100M	800M		High Jump		Discus	
U10 Boys	100M	800M		Long Jump		Shot Put	
U11 Girls	100M	800M		Long Jump		Shot Put	
U11 Boys	100M	800M		Long Jump		Discus	
U12 Girls	80MH	100M	800M	High Jump		Discus	
U12 Boys	80MH	100M	800M	High Jump		Shot Put	
U13 Girls	80MH	100M	800M	Long Jump		Shot Put	
U13 Boys	80MH	100M	800M	High Jump		Discus	
U14 Girls	80MH	100M	800M	High Jump		Shot Put	
U14 Boys	90MH	100M	800M	High Jump		Shot Put	
U15 Girls	90MH	200M	800M	Long Jump	High Jump	Shot Put	Javelin
U15 Boys	100MH	100M	800M	Long Jump	High Jump	Discus	Javelin
U16 Girls	90MH	200M	800M	Long Jump	High Jump	Shot Put	Javelin
U16 Boys	100MH	100M	800M	Long Jump	High Jump	Discus	Javelin
U17 Girls	100MH	200M	800M	Long Jump	High Jump	Shot Put	Javelin
U17 Boys	110MH	100M	800M	Long Jump	High Jump	Discus	Javelin
Jumps Combined Event						Throws Combined Event	
U13-U17s	High Jump	Long Jump	Triple Jump	U13-U17s	Discus	Javelin	Shot Put
Track Combined Event						Multi-Class Combined	
U13-U17s	100m	200m	Hurdle	U9-U17sMC	100m	Long Jump	Discus

5.5 RELAYS REGULATIONS

5.5.1. Venues

a) The host venue should have a 400m track. The location of the Regional Relays shall be on a rotational basis or as determined by the Regional Committee.

5.5.2. Programmed Events

a) LAQ Regional programs for U7 and U8s may offer up to two (2) track and two (2) field relay events per age group. The Regional Committee shall decide which set events are to be included; events offered may vary from one Region to another.

b) LAQ Regional and State Relay programs for U9 - U17s shall offer

- i. two (2) track and three (3) field relay events for Same Age teams/athletes
- ii. two (2) track relay events for Combined Age teams
- iii. three (3) field relays events for Mixed Teams/ athletes
- iv. one (1) track and two (2) field relay events for Multi-Class teams (inclusion shall be at the Region's discretion).

c) Track Relays and Field Events shall be a provided in a set rotation and drawn from:

- i. 2 x 100m (200), 4 x 70 (280), 4 x 100m (400m), 4 x 200m (800m), 4 x Swedish (1000m), 4 x Medley (1600m)
- ii. High Jump, Long Jump, Discus and Shot Put.

d) Refer to the set Event Table.

5.5.3. Track Events

a) Only Timed Finals shall be conducted.

b) The 2 x 100m for Multi-Class teams shall be run entirely in lanes as shuttle relays.

c) The 4 x 70m and 4 x 100m for U7 and U8 teams shall be run entirely in lanes as shuttle relays.

d) The 4 x 100m and 4 x 200m shall be run entirely in lanes as circular relays.

e) The Swedish and Medley are circular relays. The running order shall be:

- i. Swedish Relays 100m, 300m, 200m and 400m
- ii. Medley Relay 200m, 200m, 400m and 800m.

f) Same distance track events may be conducted in the same race to assist program timing.

5.5.4. Field Events

- a) Shot Put, Discus and Long Jump are to be conducted with a maximum of three trials. However, if the Chief Judge sees fit (and after consultation with the Referee and or Meet Manager), there may be two (2) trials per athlete.
- b) In High Jump, there will be a maximum of two (2) attempts per athlete per height.
- c) At Regional and State Relays athletes competing in the High Jump may continue to compete even when, or if one (1) member of the team does not clear the starting height.
- d) At Regional Relays, should only two athletes be nominated to compete in a Mixed team, but an athlete withdraws or does not show to compete on the day of competition, the remaining athlete may withdraw from these events and then be included in an equivalent number of field events in their own age group.

5.5.5. Team Structure

- a) Track and Field Teams structure shall be:
 - i. U7 - U17 Boys: all boys of the same age group - girls cannot compete in a boys team
 - ii. U7 - U17 Girls: all girls of the same age group
 - iii. U7 - U17 Mixed (field only): one boy and one girl of the same age group
 - iv. U9 - U12 Combined Age (track only): boys and girls in any configuration. Such teams can be all boys or all girls, or mix of boys and girls; however, athletes cannot be all from the same age group e.g. cannot be a combination of U12 Boys and U12 Girls
 - v. U13 - U17 Combined Age (track only): boys and girls in any configuration. Such teams can be all boys or all girls, or mix of boys and girls; however, athletes cannot be all from the same age group e.g. cannot be a combination of U14 Boys and U14 Girls
 - vi. For Combined Age (track only): A maximum of three (3) from the same age group may be assigned to Combined Age Track Teams e.g. three (3) U12 Boys and Girls.
- b) Multi-Class Track and Field Team Criteria shall be:
 - i. Both Team members must be classified; able-bodied shall not form part of the teams
 - ii. May consist of 2 boys, 2 girls or a boy and a girl
 - iii. Athletes may be from the same Centre or from any Centre within the same Region
 - iv. U9s - U12s may be combined to form MC Track teams
 - v. U13s - U17s may be combined to form MC Track teams
 - vi. U9s - U17s may be combined to form MC Field teams.

5.5.6. Regional Relays Nomination

- a) Every effort must be made to ensure all athletes have an opportunity to compete in their nominated events.
- b) Athletes may compete in both track and field events, however may only nominate for a maximum of five (5) events.
 - i. Centres may nominate athletes as reserves in track event teams (who are not nominated in other events) to be available to fill in as a substitute for a team in case of illness etc.
 - ii. For State Relay Championships, an exemption exists for athletes who have nominated for the Regional Relay Track Team.
- c) Where a Centre has four or more nominated in the same age group and gender, they must form Same Age Teams (Boys Teams and or Girls Teams) before forming Combined Age Teams.
- d) Athletes may not nominate to compete in the same event for more than one (1) age group or team, this includes the Combined Age track events and Mixed field events.
- e) Same Age Track and Combined Age Track event teams – there is no limit on the number of team entries per Centre; each team shall be made up of four (4) named athletes.
- f) Same Age Field events – there is no limit on the number of entries per Centre; entries shall be nominated by name.
- g) Mixed Field events there shall be no more than three (3) named athletes (one boy and two girls or two boys and one girl) nominated per Centre per event. Entries shall be nominated by name.
- h) All Centres are to supply the Regional Competition Recorder with the following details as at the close of nominations, prior to the commencement of the Competition or at an agreed date set by the Region:
 - i. a list of athletes,
 - ii. their respective events,
 - iii. the athletes' best performances as at close of nominations.
- i). Team alterations are to be advised prior to the start of competition where possible and throughout the Regional Relay competition day. This rule also applies to reconvened days due to cancellation.

5.5.7. Placing and Progression for State Relay Nomination

- a) Only U9 to U17s teams are eligible to qualify for progression to State Relay Championships.
 - i. Qualifying teams must not be changed except in cases of illness, injury or absence on the day
 - ii. To ensure that all members of qualifying teams from Regions are guaranteed their positions at State Relay Championships, their individual names **MUST** be recorded accurately at the Regional Relays.
- b) Should a qualifying relay team be withdrawn from State Relay Championships, there shall be no replacement teams.
 - i. No entry fee to be charged for Relay Teams that withdraw before the prescribed closing date for State Relay Championships.
- c) The maximum number of Centre Track Teams that can progress from each Region to the State Relay Championships shall be:
 - i. Three (3) boys and three (3) girls Same Age teams from each event
 - ii. Three (3) U9 - U12 and three (3) U13 - U17 Combined teams from each event.Progression shall be based on times.
- d) The maximum number of Centre Field Teams that can progress from each Region to the State Relay Championships shall be:
 - i. Two (2) boys and two (2) girls Same Age teams from each event.
 - ii. Two (2) mixed teams from each event.
- e) From Regional Relays, progression to State Relay Championships for Field teams (2 athletes per team) is based on the pairing of the best-ranked athletes and the addition of their best performances in each Centre team.
 - i. A count back shall be used to split athletes where results are equal. In the event a countback does not split the athletes, Centre Best Performances will be used. If a tie still remains, then the progressing athlete shall be decided on the flip of a coin.
 - ii. If only one athlete has recorded a distance / height, the second athletes will be selected based on their Centre Best Performance.
 - iii. Athletes competing on their own at Regional Relays are not be eligible to qualify for State Relay Championships, irrespective of their final recorded distance or height.
- f) At the Regional and State Relays where two (2) or more teams' Best Performances are equal:
 - i. In High Jump relays, the sums of the 'number of trials at Best Height cleared' are used to separate the tied teams.
 - The team with the lowest total number of attempts will be given the highest placing.
 - Should the tied teams still not be separated the sums of the 'total failures' of each of the tied teams, the team with the lowest total number of failures will receive the highest placing.
 - ii. In field relay events (other than High Jump), the combined second best performance of the same athletes tying shall decide the tie. If a tie remains, the combined third best performance will decide.
- g) Multi-Class athletes may nominate teams for direct entry into the State Relay Championships.
- h) Centres from Central Coast, Central North, North Queensland, Maranoa and Tropical North Regions may nominate teams for direct entry into the State Relay Championships.
 - i. The team must meet the regulations as set by the Association.
 - ii. Nominations must be received at the LAQ Office accompanied by the appropriate fees, by 9:00am on the closing day as specified by the LAQ.
 - iii. If more than three (3) teams from one (1) Region are nominated in a specific event, the teams with the best three aggregate Centre Best Performances will progress to the State Relay Championships.
- i) Regional Teams may be nominated for State Championships:
 - i. Each Region may enter a Combination Regional Team, made up of athletes U14 - U17s in any configuration, but with at least one boy and one girl to compete in a 4 x 100m at the State Relay Championships.
 - ii. Each Region may enter a Combination Regional Team, made up of athletes U14 - U17s in any configuration, but with at least one boy and one girl to compete in a 4 x Medley at the State Relay Championships.
 - iii. Athletes must nominate their interest to be part of the team and have competed at the Regional Relays to be considered for selection
 - iv. Team selection will be based on submitted Centre Best Performances. Regions may conduct combined run offs for athletes that do not have a Centre best performance, if the program allows.

- j) At the State Relay Championships, the order of team placings in a field event will be determined by the addition of each athlete's best performance in each team, which will give the team a total distance achieved. A count back shall be used to split equal placed field teams when the total team results are equal.
- k) At State Relay Championships, medals will be awarded to the first three placed teams in each event after all countback procedures have been applied.

5.5.8. Substitutions

- a) At Regional and State Relays; a nominated U9 - U17 athlete, may be utilised as a substitute athlete in any track or field event; for an athlete who is absent or injured on the day of competition, if all team structure rules are applied.
 - i. At Regional Relays; for U9 - U17 field events, the substitution rules may only be applied when there is only one (1) athlete from the same Centre in that event, to allow the sole athlete an opportunity to qualify for State Relay Championships.
 - ii. At Regional Relays; the substitution rules may be applied for the U7 or U8 athletes.
 - iii. At State Relay Championships, substituting athletes must have competed at the Regional Relays.
 - iv. When competing as a substitute athlete; the athlete must not compete twice in the same event for the same age group, e.g. U12 Girls 4x100m A Team and B Team.
- b) The substituting athlete may compete up to a maximum of six (6) events.
 - i. If an athlete competes at the Regional Relays as a substitute in a sixth event and qualifies for six (6) events, he or she shall be able to nominate for State Relay Championships in those six (6) events.
- c) At Regional Relays only; if a team is nominated in a Same Age Track event and an athlete is withdrawn due to absence or injury on the day and a substitute from the same age group is not available; the remaining three (3) athletes can compete in the same event as a Combined Age Track team with a substituting athlete from an appropriate age group, provided all other rules are applied.
- d) At Regional Relays only; if three (3) athletes are nominated in a Mixed Field Event and one athlete is withdrawn due to absence or injury on the day, leaving the Centre with two boys or two girls, these two remaining athletes can compete in the relevant Boys Event or Girls Event.
- e) On the day of competition substitution rules may be applied. However, teams that fail to meet the nominated age group team structure requirements shall be withdrawn, or be reformed to compete as a Composite Team for that event.
- d) At State Relay Championships where a Centre has two (2) or more teams competing in a track or field event and an athlete withdraws from a higher ranked team, the Centre may only use a member from the next lowest ranked team as a substitute. The remaining lower ranked team(s) may then use one (1) of the Centres reserves, if all other rules are followed.

5.5.9. Composite Teams

- a) If a legal substitution cannot be found, a Composite Team may be formed. A composite team comprises of athletes from more than one (1) Centre or another age group.
 - i. If formed at Regional Relays on the day of competition, the team is NOT ELIGIBLE to qualify to compete in that event at the State Relay Championships.
 - ii. If formed at State Relays Championships on the day of competition, the team is NOT ELIGIBLE for medals.
 - iii. Such teams shall be distributed evenly through the heats and shall be identified as an exhibition team in the results.

5.6 REGIONAL and STATE CHAMPIONSHIPS

- 5.6.1. For Summer Regions, U7 to U17 athletes are allowed to nominate for a maximum of five (5) events for the Regional Championships.
- 5.6.2. For Winter Regions, U9 to U17 athletes are allowed to nominate for a maximum of seven (7) events; and U7 & U8 are allowed to nominate for a maximum of five (5) events.
- 5.6.3. At the LAQ Regional Championships, participation medallions will be provided for all competing U7 & U8 athletes. BOM C39 ('03)
- 5.6.4. At the LAQ Regional Championships, athletes in the U9 to U17 age group who place first, second or third in the finals will be awarded medals for that event. BOM C40 ('03)
- 5.6.5. One certificate per athlete showing results for all events including finals will be issued for Regional Championships and State Championships competitions. IPS 44 ('04)
- 5.6.6. Athletes in the U7 & U8 age groups may only compete at Regional level,
- Events that will be provided for the U7 age group are taken from the following: 70m, 100m, 200m, Long Jump, Discus, and Shot Put.
 - In addition to the above, 60m Hurdles may be programmed for the U8 age group.
 - The actual events to be provided will be decided by the Regional Competition Committee and may vary from one (1) Region to another.
 - Track Events: Finals will not be conducted (heats only)
 - Field Events: Three (3) trials only (no final eight (8)).
- 5.6.7. The location of Regional Championships within a Region to be determined on a rotational basis or as determined by the Regional Committee. BoD 6 ('17)
- 5.6.8. The Centre hosting Regional Championships is allowed to host it at grounds that have synthetic surfaces, if the majority of the Centres in that Region approve. BLI 52 ('99)
- 5.6.9. Should a Region wish to conduct these events on a synthetic surface, the cost of hire of the venue must be borne by the Region and not passed on to the athletes or their families. The Association will not be responsible for any shortfall in funds incurred by hiring such a venue.
- 5.6.10. For State Championships, only athletes in the U9 to U17 age groups may qualify for the State Championships from Regional Championships. All qualifying athletes can only nominate in a maximum of five (5) events.
- 5.6.11. State Championships are conducted at the end of the Competition season (generally late March or early April) each year.
- 5.6.12. State Championships are to be held in a venue in the Winter Centre's Region every fourth year, as long as an all-weather track of suitable standard is available. BUND 21 ('05)
- 5.6.13. From State Championships finals, medals are presented to the first three (3) place getters in the U9 to U17 age groups.
- 5.6.14. At the LAQ State Championships, classified Multi-Class (athletes with disabilities) are accepted to compete in limited events under their own classification up to State level as determine by the Competition Committee. WB 18 ('13)
- 5.6.15. Classified Multi-Class athletes placings will be calculated in age groups U9 & U10s, U11 & U12s, U13 & U14s, and U15 - U17s; and based on a percentage calculation across Multi-Class classifications. '16 09 14

6. ELIGIBILITY / NOMINATION

6.1 ELIGIBILITY

- 6.1.1. All athletes must be registered with LAQ, or in specified circumstances QA, unless by specific invitation of the Association.
- 6.1.2. Age of the Athlete is calculated as at midnight on the 31st December each year.
- 6.1.3. Athletes can only compete in their own age group. THE ONLY EXCEPTION TO THIS RULE IS MADE ON RELAY DAYS - refer to the specific Relay rules.

- 6.1.4. That eligibility for nomination to Regional Championships and State Championships include a requirement of prior participation in not less than four (4) Centre level meetings at the Centre where the athlete is registered, unless the committee of management of the nominating Centre considers that extenuating circumstances exist. C29 ('87)
- 6.1.5. LAQ offer various levels of competition to U9 - U17 Classified athletes - refer to the LAQ Multi-Class Competition Handbook for complete details.
- a) Multi-Class athletes must participate at Regional Championships to be eligible to lodge a direct nomination for participation in Multi Class events offered at the State Championships in the same season. Placing at the Regional Championships is not a prerequisite for qualification in Multi Class events. '19 10 08
 - b) Events offered for boys & girls at LAQ Carnivals and Regional and State Championships unless otherwise stated. '20 07 14
 - c) At LAQ competitions, Multi-Class athletes may not compete in offered events that do not have a base line performance for their relevant classification. '21 03 02

6.2 NOMINATION

- 6.2.1. All nominations must be received by the published Competition closing date. Nominations fees and summary of nominations form must be paid and or received by the nominated closing date for that specific event by the LAQ Office. Cheque must be made payable to Little Athletics Queensland.
- 6.2.2. Nominations lodged online through ResultsHQ are the only recognised form of electronic nominations. All other formats are considered to be hard copy. '19 05 08
- 6.2.3. Regional Competition nominations must be provided to the Association Office by the required date and time. '19 05 08
- 6.2.4. For each Regional Competition, Centres that do not use either of the systems detailed above to supply nominations will be charged a \$50.00 administration fee per Competition, as well as \$1.00 per athlete nomination. Centres cannot pass this fee onto its athletes or parents; it is an administration fee ONLY.

6.3 LATE NOMINATION

- 6.3.1. Late nominations will be accepted for the Carnivals and the State Combined Event Championships until 4:00pm on the Thursday before the respective competition days, unless special circumstances warrant approval by the Association CEO. BoD 12 ('12)
- 6.3.2. Nominations **will not** be accepted on the day of any LAQ Competition or Championships. '20 03 10
- 6.3.3. Late nominations fee is double the nomination fee. BoM 48 ('99)
- 6.3.4. If the Association Office receives nominations from a Centre after the closing date, apart from the appropriate nomination fee, the Centre will also be charged a Late Administration Fee of \$55.00. (incl. GST). Such nominations will not be accepted after the Wednesday prior to the competition. '20 03 040
- 6.3.5. No late nominations will be accepted for Regional Competition days, after the date set by the Region for all Centre nominations to be received. MTG 26 ('96)
- 6.3.6. No late nominations will be accepted for the State Relays or the State Championships. BoD 13 ('12)

6.4 QUALIFICATION TO STATE CHAMPIONSHIP EVENTS

- 6.4.1. U7 and U8s do not progress beyond Regional Championships. BoD 14 ('09)
- 6.4.2. The number of qualifying U9 to U17 athletes that may nominate from Regional Relays to State Relays teams will be the first three (3) place getters teams in each event. BoD 13 ('09)
- 6.4.3. The number of qualifying U9 to U17 athletes that may nominate from each of the Summer Regional Championships to State Championships will be the first four (4) place getters in each event. BoD 13 ('09)
- 6.4.4. Athletes in the Winter Region Centres who have placed 1st, 2nd, or 3rd at Regional Championships; and who have also qualified in other events to compete at the State Championships, can drop one (1) of the events in which they placed, for another in which they have gained a qualifying standard.

- 6.4.5. There is a time limit to be met for athletes to be eligible to compete at State Championships for the 1500m run. Athletes who have not equaled or bettered the qualifying time of 7 minutes at Regional Championships, irrespective of placing, shall not proceed to State Championships. *BoD 3 ('15)*
- 6.4.6. A count back is to be used to split equal placed field athletes, for State Championship qualification. In the event a count back does not split the athletes, Best Performances from Centre level and any Association Competition Day with the exception of Relay days shall be used at the time of nomination. *'20 03 07*
- 6.4.7. An athlete and or team that choose not to compete at a State Championship event after qualifying at Regional level may not be replaced by another athlete / team.
- 6.4.8. Additional Entry to State Championships
- a) Under Compassionate Grounds: For additional entry into State Championships, recommendations will be considered on compassionate grounds only, as determined by the CEO. Recommendation to come from the Centre to the CEO for a decision. *BoD 2 ('21)*
- i. A fee of \$55 (incl. GST) must accompany all compassionate grounds applications for State Championships when lodged. This fee will only be refunded if the application/s are accepted.
- b) Via Qualifying Performance Levels: Athletes who compete at the Regional Championships and record a legal distance, time or height equal to or better than a "Qualifying Performance Levels" for that event shall also qualify for the State Championships in addition to athletes placed 1st, 2nd, 3rd or 4th in that event. Refer to the LAQ Website for Additional Qualifying Performance Levels. *BoD 6 ('19)*
- c) Medical applications for participation in the State Championships will not be considered. *BoD 17 ('13)*

7. COMPETITION RULES

7.1 GENERAL

- 7.1.1. The rules in this handbook set down the requirements for competition for all Carnivals conducted on behalf of the Association. All Carnivals are to be conducted under the rules set down in the World Athletics Handbook, or as otherwise stated in this Handbook and or the Officials' Handbook.
- 7.1.2. The Association will not adopt any changes to specifications of events or changes to events during the competition season. *W5 ('93)*
- 7.1.3. Decisions made at Conference, which affect the general aspect of competition, excluding changes as specified in Rule 7.1.2, shall come into effect immediately. *BoD 7 ('12)*
- 7.1.4. That any competition motion passed by Conference shall not be rescinded within two years unless 80% of those eligible to vote are in favour. *C1 ('86)*
- 7.1.5. At all Association competitions, no athlete shall be charged an additional nomination fee by a Centre or Region. The total nomination fee charged shall be the fee as set by the Association. *'10 03 01*
- 7.1.6. Awarding of prize money is not permitted at any level of LAQ competition (including Centre).
- 7.1.7. The immediate area of competition is to be clearly marked or instructions as to what is considered the immediate area should be clearly given prior to the commencement of the event.
- 7.1.8. Only athletes and Officials are permitted on the competition area. Athletes must leave the arena immediately after the completion of their event. No unauthorised persons are to be in the competition or Control Room AT ANY TIME. If this rule is breached the relevant athlete(s) may be disqualified.
- 7.1.9. Coaching of participating athletes from INSIDE the competition arena is NOT permitted and may cause disqualification of the athlete.
- 7.1.10. Event block starting times shown, in the LAQ Regional, Carnival and Championship programs may be brought forward no more than 30 minutes. The Meeting Manager may change the start times at his discretion after consultation with the relevant Referees. Athletes should be in attendance 60 minutes prior to the advertised event block start time. *'20 03 030*
- 7.1.11. Centres are not to use two-way radios that interfere with event communications during Association conducted competitions. *'19 05 08*

- 7.1.12. Athletes are not allowed the use of electronic communications or similar devices on the competition arena. '19 05 08
- 7.1.13. Athletes may warm up with provided Association equipment. Athletes must be under the supervision of an adult /coach and all equipment taken for warm-ups must be signed for and returned within an agreed timeframe. '11 04 13

7.2 PROGRESSION TO THE NEXT ROUND / FINAL

- 7.2.1. In track events, at Regional and State Championships , the progression of athletes from heats to finals where 8 lanes are available for the 70m, 100m, 200m sprints and the 200m and 300m Hurdles events, will be as follows:
- a) Two Heats: 1st, 2nd & 3rd and next two (2) best times to final
 - b) Three Heats: 1st & 2nd from each heat and the next two (2) best times to final
 - c) Four Heats: 1st from each heat and the next four (4) best times to final.
 - d) Five Heats: 1st from each heat and the next three (3) best times to final. CR5 ('92)
- 7.2.2. In the event of tied 'next fastest' times, preference in the selection of finalists will go to those more highly placed in their heats. If runners cannot be separated on this basis, a ballot may be conducted to determine the 'next fastest' finalists.
- 7.2.3. To compete in a final where heats are included in the program, athletes must have qualified in heats; or, in the case where heats are no longer necessary, the athletes must have presented themselves for the heat and had their name marked off by the Chief Call Room Judge.
- 7.2.4. There will be a maximum of eight (8) finalists only in all track and field events (except for the 800m, 1500m and Walk events) at the Winter Carnival, and the Regional and State Championships, except in the case of a tie or an appeal.
- a) For track events, if the number of athletes nominated or marshalled is less than or equal to the number of lanes available, then that event is run as a straight final at heat time, up to a maximum of 10 athletes. BoD 7 ('19)
- 7.2.5. At Regional and or at State Championships, if there are insufficient athletes for heats in any event at the time of seeding, the event will be run as a final at the time of the heat. BoD 15 ('13)
- 7.2.6. In field events (except High Jump), in the qualifying rounds at Regional and State Championships
- a) Where there are more than eight (8) athletes, each athlete shall be allowed three (3) trials and the eight (8) athletes with the best valid performances shall be allowed one (1) additional trial in the inverse order of ranking of their performances recorded in the first three (3) trials.
 - b) If there are only eight (8) athletes or fewer in the event and one (1) or more records three (3) fouls, all athletes are entitled to proceed to the final rounds.
 - c) In the event of a tie for the last qualifying place, it shall be resolved by following the count back procedure.
 - d) The best overall result of the four (4) trials by an athlete will determine his/her place. BoD 3 ('15)

7.3 CALL ROOM (Marshalling)

- 7.3.1. At Association Carnivals and or Championship events, athletes competing in track events are to marshal in the designated areas before entering the competition arena for events. Athletes are to marshal directly to the relevant field events as soon as possible once the Call has been made. Athletes competing at the Regional competitions are to marshal at the Regions' designated areas. BoD 1 ('15)
- a) The Call for athletes to report to FIELD events will be made approximately **20** minutes before the event start time to allow for registration and warm-up.
 - b) The Call for athletes to report to CALL ROOM (marshalling area) for all track events up to 400m will be made approximately **20** minutes before the event start time.
 - c) The Call for non-laned events e.g. 800m, 1500m, Relays and Walks will be made approximately **25** minutes before the event start time. This is to allow the placement of hip numbers on the athletes.
 - d) Once athletes have left Call Room, any athlete who has not reported to Call Room will be declared a non-starter in that event. '19 05 08

7.4 TRACK EVENTS

- 7.4.1. Electronic timing and photo-finish facilities shall be used at all Association Carnivals where available (Summer & Spring Carnivals, Combined Event Championships, State Relays and State Championships and the Winter Carnival). *MTG 56 ('99)*
- 7.4.2. Timing gates that are a commercially available product shall be recognised and endorsed as an electronic timing device suitable for Regional and Centre competitions. *BoD 12 ('14)*
- 7.4.3. Seeding / Lane draws shall be as follows
- a) Summer and Spring Carnivals - provided that Centre Best performances are supplied, athletes nominated for track events will be seeded slowest to fastest. Heats and lanes will be drawn randomly.
 - b) Combined Event Championships (CEC) - will be by random draw.
 - i. Seeding of CEC 800m events,
 - When there is one heat only, it shall be seeded as a random lane draw
 - When there are two or more heats, the races shall be ranked and seeded lowest to highest points after the 2nd last event, with randomly drawn lanes *'20 11 01*
 - c) State Relays - from the Regional Relays performances supplied, the track teams and heats will be seeded slowest to fastest. Lanes are then drawn randomly.
 - d) State and Regional Championships - Heats will be seeded, lanes will be drawn randomly. Where there have been qualifying heats, athletes shall be split drawn for lanes in finals i.e. fastest four (4) randomly in the lanes 3, 4, 5 & 6; the remainder of the field shall be drawn randomly. Lane draws for finals will be posted prior to the event.
 - e) At Regional and State Championships 400m, 800m, 1500m and Race Walking events will be conducted as a Timed Finals. Progression to State Championships will be based on best times. *'21 05 04*
 - f) In the event that the State Championships is affected by weather or other unforeseen circumstances, and heats become “timed finals”, the athletes nominated for track events will be reseeded slowest to fastest. Lanes will be drawn randomly.
 - i. The application of the above rules shall only be applied to events where no heats of the same age group have been conducted. *JIM 6 ('15)*
 - f) A waterfall start shall be used for all 1500m and Race Walking events; that is seeded fastest to slowest with the fastest athletes on the inside lanes, the slowest athletes on the outside lanes. *'10 05 02*
 - g) A separate lane shall be provided for each athlete in all races up to and including 400m.
 - h) Where there are fewer athletes in a laned heat/final than the number of lanes available, lane one (1) should be left vacant.
- 7.4.4. The maximum number of athletes in 800m timed finals at LAQ’s Regional and State Championships, the Combined Event Championships, Carnivals, will be two per lane (e.g. sixteen on an eight (8) lane track, eighteen on a nine (9) lane track and twenty on a ten (10) lane track).
- a) Where more than one timed final is required, the athletes will be seeded from slowest to fastest so that the fastest qualifiers will be in the same race *BoD 2 ('15)*
 - i. Athletes will be divided evenly between heats
 - ii. The fastest seeded heat will be conducted last. *'19 05 08*
 - b) Where there are fewer athletes in the race than available lanes, each athlete will start from a separate lane.
- 7.4.5. For the 1500m Run and all Race Walk events, the maximum number of athletes allowed per race is normally 24 (for tracks having up to 8 lanes), but up to 30 are allowed for tracks having 10 lanes.
- a) At the Combined Event Championships, Spring and Summer Carnivals, staggered starts will be conducted allowing up to 40 athletes per race at the discretion of the Competition Manager.
 - b) If there are more athletes than are allowed in a single race, then multiple seeded races will be conducted as timed finals.
 - c) The Competition Manager may combine events into one race, provided the total number of athletes does not exceed 24 for 8 lanes and 30 for 10 lanes. *BoD 13 ('14)*
- 7.4.6. A crouch Start may only be used by U11 - U17 athletes for track events up to and including the 400m event. *'15 08 11*
- a) A Three Point Start is not a recognised start, and shall not be allowed / used at any LAQ competition. *'19 05 08*

- 7.4.7. At Association Carnivals, Combined Event Championships, Regional and State Championships, starts for 800m finals shall be run in lanes as far as the nearer edge of the marked break line after the first bend. *BoD 9 ('12)*
- 7.4.8. Pack starts are used for 1500m and all Walk events at Association Competitions and Centre Competitions.
- 7.4.9. In all races run in lanes, each athlete shall keep within their allotted lane **at all times**. However,
- a) If an athlete is pushed or forced by another person to run outside his lane and no material advantage is gained;
 - b) Runs outside his lane in the straight and no other runner is obstructed;
 - c) Runs outside the outer line of his lane on the bend, with no material advantage thereby being gained, and no other runner being obstructed,
- then the athlete should not be disqualified.

Apart from the above three (3) exceptions, if the Referee is satisfied, on the report of a judge or umpire or otherwise that an athlete has run outside his lane, the athlete **may** be disqualified.

7.5 WALKS

Race Walking is a progression of steps so taken that the walker makes contact with the ground, so that no visible (to the human eye) loss of contact occurs. The advancing leg shall be straightened (i.e. not bent at the knee) from the moment of first contact with the ground until the vertical upright position.

Note: The advancing foot of the walker must make contact with the ground before the rear foot leaves the ground.

- 7.5.1. There is a time limit to be met for athletes to be eligible to compete at State Championships for all Race Walking events. Athletes who have not equalled or bettered the following times at Regional Championships, irrespective of placing, shall not proceed to State Championships. Time limits are
- a) 7 minutes for the 700m Walk
 - b) 9 minutes for the 1100m Walk
 - c) 12 minutes for the 1500m Walk (U12 & U13's)
 - d) 10 minutes for the 1500m Walk (U14 to U17's)
- ASP 4 ('15)*

Athletes shall be awarded time, place and medals at Regional Championships irrespective of time recorded, unless DQ under the Walks rules.

- 7.5.2. Time restrictions shall be applied for Walk events conducted at the State Championships and are as follows:
- a) 7 minutes for the 700m Walk
 - b) 9 minutes for the 1100m Walk
 - c) 12 minutes for the 1500m Walk (U12 & U13's)
 - d) 10 minutes for the 1500m Walk (U14 to U17's)

The race timing will cease when the above times have been reached and the athlete/s who have not finished the race shall be removed from the track. A DNF will be recorded as their result. Athletes on the front straight when timing ceases will not be removed from the track. *BoD 10 ('19)*

- 7.5.3. The Chief Race Walk Judge must report to the Referee immediately after the end of the event, the details of all athletes disqualified AND all athletes who received red cards.
- a) At the LAQ Carnivals, Regional & State Championships, for U12 - U17 athletes, Race Walk Judges will not call 'Red Card' for relevant infringements, only written reports will be made. *BoD 14 ('14)*
- 7.5.4. At the completion of each Race Walk Event at all Association Competitions, the Chief Race Walk Judge's Recording sheet, with all individual judges reports / caution forms attached, is to be attached to the relevant paper work for that event. The Chief Judges sheet (with the Judge's names having been removed), is then copied, and displayed. *WULG 29 ('95)*
- 7.5.5. The organisers of walking events held on roads must ensure the safety of athletes and where possible, should ensure that the roads used for the competition are closed in both directions and not open to motorised traffic.

7.6 FIELD EVENTS

- 7.6.1. Throwing implements owned by LAQ/LAQ Centres, QA and / or U13 - U17 individuals and certified by Trade Measurement (Office of Fair Trading), or a competent Official from LAQ/QA are to be allowed at all Association (except Regions) competitions. Any equipment provided by an individual must be added to the collective pool of the event equipment for use of all athletes in that event. Equipment provided by athletes will be at the athlete's own risk. The Association will take no responsibility for the loss or damage to equipment. BoD 9 ('11)
- The athletes and parents will be required to sign an agreement that the equipment shall be available for all athletes in their events to use without bias and a waiver against claim from damaged implements.
- 7.6.2. For Discus, all throws shall be made from an enclosure or cage to ensure the safety of spectators, officials and athletes. '16 10 12
- 7.6.3. At Regional Competitions (at the discretion of the Regional Committee), LAQ Carnivals, Combined Event, State Relays, and State Championship events, in order to obtain a better grip, an athlete in the U13 - U17 age groups may use a suitable chalk substance or similar substance that can be removed with a wet cloth. A Shot Putter may use such substances on their neck. In addition, in the Shot Put and Discus events athletes may use the substance on the implement. The only chalk substance to be used would be that provided by the Association. '16 04 13
- 7.6.4. Seeding of field event athletes / relay teams shall be random. '15 08 11
- 7.6.5. There will be one (1) only practice trial if time permits. This will be at the discretion of the Meeting Manager or his / her representative; and may only be conducted under the supervision of the appropriate Official. '15 08 11
- 7.6.6. At State Championships, High Jump athletes in the U13 - U17 age groups are allowed to do a practice jump at a height of their choice. The Chief would manage the warm-up time so that the bar was not constantly being raised and lowered. '11 04 13
- 7.6.7. Once competition has begun, athletes are not permitted to use, for practice purposes, the runway, implements, sectors or circles.
- 7.6.8. In all field events, including Combined Event competitions, athletes may not leave the immediate area of the competition during the competition unless they have the permission of, and are accompanied by an Official.
- 7.6.9. No athlete may enter the competition after the completion of the third round.
- 7.6.10. If an athlete incurs a foul, they will be given the reason for the foul at the completion of the trial.
- 7.6.11. If an athlete in the U13 to U17 age groups makes an immediate oral protest against having an trial judge as a failure, the Chief of the event may, at his discretion, order that the trial be measured and the results recorded, in order to preserve the rights of all concerned. At the end of the round the Referee will adjudicate on the protest
- a) Any athlete(s) continuing in a field event under protest shall compete in each round before any other athlete, irrespective of any improved performance in such subsequent rounds. '15 08 11
- 7.6.12. High Jump Starting Heights
- a) At Centre level, there should be no specific starting heights set for High Jump. The starting heights should be set at a level that all athletes can achieve.
- b) For all Association competitions (with the exception of Regional Relays and Regional Championships), the following starting heights for High Jump will be constant at:
- | | | | | | |
|------|------|-----|------|-----|------|
| *U9 | 0.80 | U12 | 1.10 | U15 | 1.30 |
| *U10 | 0.90 | U13 | 1.20 | U16 | 1.35 |
| U11 | 1.00 | U14 | 1.25 | U17 | 1.35 |
- c) Regional Relays and Regional Championships starting heights would be at:
- | | | | | | |
|------|------|-----|------|-----|------|
| *U9 | 0.75 | U12 | 1.05 | U15 | 1.25 |
| *U10 | 0.85 | U13 | 1.15 | U16 | 1.30 |
| U11 | 0.95 | U14 | 1.20 | U17 | 1.30 |
- *Scissors only
LAA ('15)
- d) Combined Event Championships starting heights shall be agreed upon by the Officials after consultation with the individual athletes. BoD 11 ('19)

- 7.6.13. High Jump Bar Increments
- a) State & Regional Relays: The bar will be raised 7cm, 7cm, 7cm and then by 5cm thereafter.
 - b) At the Summer, Spring and Winter Carnivals, the Regional Championships, and State Championships (individual events) the increments for High Jump will be 5cm until six (6) athletes remain, then not less than 2cm. The last remaining athlete of an event, in consultation with the Chief, may elect the increments not less than 1cm.
 - c) At the Regional Championships, increments will also include the State qualifying performance level, where there are more than four (4) athletes remaining in the competition. *JIM 3 ('16)*
 - d) At the Combined Event Championships, the increments will be 3cm throughout the competition.
 - e) The bar is never lowered for an athlete who has returned after competing in another event.
- 7.6.14. For High Jump, the Scissor technique will be the only allowable technique performed in High Jump for the Under 8, Under 9 and Under 10 age groups at all levels of competition. It shall be a valid scissor jump if all other relevant high jump rules are adhered to, and:
- a) The head of the athlete does not go over the bar before the leading foot (the foot of the leg closest to the bar at take-off);
 - b) The head of the athlete is not below the buttocks when the buttocks clear the bar, and
 - c) The athlete's lead foot touches the mat before any other part of the body.
- 7.6.15. For High Jump, all athletes in the Under 11 and above age groups will have the option to use any legal jumping technique where flop mats are provided at all levels of competition.
- 7.6.16. Ties and Countbacks
- a) In all field events, except for High Jump, the second (2nd) best performance of the athletes tying shall decide the tie. If a tie remains, the third (3rd) best and so on. If athletes in field events are tied for any place after all count backs have been applied, then equal placing will be declared.
 - b) In High Jump ties, the athlete with the lowest number of jumps at the height at which the tie occurs shall be awarded the higher place. If the tie remains, the athlete with the lowest total of failures throughout the competition up to and including the height last cleared shall be awarded the higher place. If the tie remains, the athletes shall be awarded the same place in the competition. There shall be no jump-off for placing's.
 - c) At the Regional and State Relays where two (2) or more teams' Best Performances are equal:
 - i. In High Jump relays, the sums of the 'number of trials at Best Height cleared' are used to separate the tied teams.
 - The team with the lowest total number of trials will be given the highest placing.
 - Should the tied teams still not be separated the sums of the 'total failures' of each of the tied teams, the team with the lowest total number of failures will receive the highest placing.
 - ii. In field relay events (other than High Jump), the combined second best performance of the same athletes tying shall decide the tie. If a tie remains, the combined third best performance will decide. *IPS 7 ('15)*

7.7 BEST PERFORMANCES

- 7.7.1. Claims for Queensland and Australian Best Performances are only accepted from competitions controlled by LAQ or LAA i.e. the various LAQ Carnivals, Combined Event Championship, State Championships, State Relays, and the Little Athletics Australian Championships. Any Winter, Queensland, and / or Australian Best Performances (where applicable) will be subject to ratification.
- 7.7.2. Only LAQ registered members are eligible to hold a Winter Best Performances, Queensland Best Performance or Australian Best Performances.
- 7.7.3. Queensland Best Performances will not be recognised for individual performances recorded at the State Relays.
- 7.7.4. Queensland Best Performances will not be recognised for the U7 and U8 age groups.
- 7.7.5. Regional Best performances shall not be recognised for the U7 and U8 age groups.
- 7.7.6. The ground on which the Best Performance takes place must have been surveyed (compliant with WORLD ATHLETICS rules).
- 7.7.7. All equipment must comply with WORLD ATHLETICS rules and or LAQ rules.

- 7.7.8. Potential QBP distances or heights measured with a fiberglass tape or steel bar must be verified for accuracy against a steel tape after the event. The steel tape must be certified by an appropriate weights and measures authority.
- 7.7.9. Where an EDM unit is used to measure the distance, the check mark must be tested for accuracy prior to and after the competition against a certified steel tape.
- 7.7.10. If more than one athlete records the same distance or height in a field event, which attains the Best Performance, then those athletes shall be awarded a Best Performance irrespective of final placings.
- 7.7.11. If more than one athlete records the same time electronically, only the first and or best placed athlete shall be awarded the Best Performance.

8. CLASHING & CHANGE OR ABANDONED EVENTS

8.1 CLASH OF EVENTS

- 8.1.1. Where an athlete is in both a track and field event at the same time, track events take precedence. Every effort will be made by Officials to ensure all athletes receive their allotted trials at field events, but in this regard, Centres and Officials are requested to ensure that:
- Athletes in clashing events go back to their field event immediately after they have completed their track event, once instructed by the relevant Official.
 - Athletes, whose clashing track event starts after the field event, remain at the field event until a few minutes before the track event starts when they will be collected by the relevant Official.
 - Officials at both the track and field venues are advised of the clash so they may do their best to minimise its effect.
- 8.1.2. Except for High Jump, where a clash of events occurs, the Chief Judge may allow the athlete to compete out of round and out of order in all rounds. It is not permitted for an athlete to have two or more consecutive trials, nor can an athlete demand to have a trial that has been missed. Note: The first three rounds of trials must be completed, and a final eight determined prior to any other subsequent rounds of trials being commenced. LAA ('17)
- 8.1.3. For High Jump, where a clash of events occurs, the Chief Judge may allow the athlete to compete out of order. The athlete re-joins the competition at the current height of the bar. Note: The bar will not be lowered to the height at which they left, nor will the event be stopped while they are away. LAA ('17)
- 8.1.4. Neither track nor field events can be unduly delayed to suit individual athletes.

8.2 CHANGE OF COMPETITION AREA

- 8.2.1. The Referee in consultation with the Field Event Chief, Meeting Manager, or Event Venue Manager shall have power to change the place of competition (venue) during competition, for a field event due to adverse conditions that may put the safety of athletes and / or Officials at risk. Such change should only be made after a round is completed, or if circumstances dictate that it is impossible to complete the round. The event shall resume at the new place of competition from the last completed round.

8.3 ABANDONED ASSOCIATION COMPETITIONS / EVENTS

- 8.3.1. Any three (3) Board Directors or any two (2) Board Directors plus Chief Executive Officer, taking into account the recommendation of the Meeting Manager and Referees, will make any decision with regard to re-scheduling or abandoning events for any Association Day. Paramount in the decision to continue or otherwise should be the safety of the athletes. If a competition day proceeds with a late start, provision to use the lights, if required, should be available through the Facility. State Championships will only be abandoned in the most extreme conditions. This does not apply to Regional competitions.

- 8.3.2. The Regional Competition Coordinator, taking into account the recommendation of the Meeting Manager and Referees, and after due consultation with ALL Centre Managers or authorised Centre representatives, will make any decision with regard to re-scheduling or abandoning a Regional Championships or Regional Relays. If the decision is to abandon an event(s) / competition, where possible, the backup date **MUST** be used to reschedule the event(s) / competition. Paramount in the decision to continue or otherwise, should be the safety of the athletes.
- 8.3.3. Abandoned Regional Championships: Current season Best Performances from Centre level and any Association Competition Days with the exception of Relay days, must be used when selecting athletes to compete at State Championships. Athletes without a Best Performance may not be considered for progression to the State Championships. ^{'20 03 10}
- a) In events where there are four or less athletes, athletes without a best performance may progress to the State Championships. ^{BoD 11 ('13)}
 - b) Prior to the selection of advancing / qualifying athletes, the current season track performances for 70m - 400m must be rounded up to the next highest 1/10.
- 8.3.4. In the event of the program being abandoned during the day, all events completed, including track events where finalists have been selected, and completed rounds of field events, shall stand.
- 8.3.5. If a field event, except High Jump, is not restarted, and all athletes have completed at least half the number of rounds allowed, then that event shall be deemed to have been finished, and results shall be based on performances over the completed rounds only.
- 8.3.6. In a High Jump event where there are six (6) or less athletes in the event when it is stopped, then the event shall be deemed to have been finished and results based on performances recorded after the last completed round.
- a) Where the number of athletes exceeds six (6) and the event is restarted then only those athletes who have not been disqualified from further jumping shall be eligible to continue in the event. The event restart shall have the bar set one (1) increment above the height set for the last full round of jumps completed before the event was stopped. A full round is one, which includes an athlete passing their turn by choice.
- 8.3.7. Any other variations on the day of competition shall be at the discretion of the Association Board of Directors, through the authorised Officer of the Association. (This will normally be the Competition Manager, or at Regional Level, the Regional Competition Coordinator after consultation with all or majority of Centre Managers within the Region.)

9. PROTESTS / DISQUALIFICATIONS / APPEALS

9.1 GENERAL

- 9.1.1. Protests may be lodged at the Combined Event Championships, the State Relays Championships, the State Championships, the Regional Relays and the Regional Championships. Protests must be made verbally by the Team Manager to the designated area within fifteen (15) minutes of the completion of the event and then lodged in writing (using the proforma supplied) within another fifteen (15) minutes (i.e. 30 minutes total) from the completion of the event. ^{'20 03 05}
- 9.1.2. No person other than the Team Manager as the representative so nominated by the Centre shall be entitled to query decisions, or lodge protests or appeals.
- 9.1.3. Any Centre failing to comply with this rule will forfeit the right to protest or appeal. Team Managers names **MUST** be signed in with the Regional Competition Coordinator (Regional Competitions) / Information area (Association Competitions).

9.2 PROTESTS

- 9.2.1. Where an athlete is allowed to continue competing under protest, any subsequent performance will only be valid if the protest (or appeal) is eventually upheld in his favour.
- 9.2.2. Each protest must be recorded on the proper form at the time of verbal lodgment. The written protest must include the name and number of the event upon which the protest is lodged and indicate the names of all Centres involved in the incident and relevant rule under which the protest is to be investigated, as well as any other relevant information.
- 9.2.3. A deposit of \$55.00 (incl. GST) is payable at the time the verbal protest is lodged.
- a) Protest money will not be refunded unless the protest is successful.

- 9.2.4. That in the event of a protest at Championships, an announcement will be made, that a protest has been lodged. An announcement of the decision will also be made. C32 ('87)
- 9.2.5. Once the protest has been handed to the Referee, the Team Manager will wait at the Information tent until the Referee has made all necessary enquiries, after which the Referee will advise that Team Manager involved of their decision.
- 9.2.6. The Referee may decide on receipt of a protest or an appeal lodged on the prescribe form, to consult video evidence if available. '20 03 06
- 9.2.7. The Referee may decide on the protest or may refer the matter to the Jury of Appeal.
- 9.2.8. If the Referee makes the decision, there shall be a right of appeal to the Jury of Appeal by the Team Manager.
- 9.2.9. If the Referee decides to dismiss the protest, he shall advise the protesting Team Manager accordingly.
- 9.2.10. If the Referee decides he will uphold the protest, he shall call together all the Team Managers involved i.e. Team Managers from Centres whose placings will change and advise them all at the same time of his decision, note the decision and the time on the protest sheet and subsequently hand it to the staff in the Information tent.
- 9.2.11. For relevant procedures should any of the Team Managers involved disagree with this decision, refer to "APPEALS".

9.3 DISQUALIFICATION BY A REFEREE

- 9.3.1. If an athlete is disqualified in an event because of an infringement of the rules with regard to that event, results achieved up to that disqualification stand, and that disqualification shall not prevent the athlete from taking part in all other events. An athlete acting in an unsporting or improper manner may be disqualified from participation in all future events in the competition.
- 9.3.2. In Race Walking events, an athlete may be disqualified by the Chief Race Walks Judge for infringements of the Race Walking rules or by the Referee for failure to comply with other rules for the conduct of events.
- 9.3.3. In deciding on infringements, Referees may consult with the athletes and other Officials involved, before making decisions. '17 01 11
- 9.3.4. If a Referee disqualifies an athlete or team in the U7 to U12 age groups, for an infringement of the rules, he must take every reasonable effort to notify the respective Centre Team Manager. The call for the relevant Team Manager to report to the Referee will be given to the Announcer, and a verbal report be given to the Team Manager by the Referee. The Referee will notify athletes in the U13 to U17 age groups directly regarding their disqualification. '15 07 07
- 9.3.5. It will be necessary for the Referee to prepare a written report (using the proforma supplied), detailing circumstances surrounding the disqualification and stipulating the time the disqualification took place.
- 9.3.6. For relevant procedures, should any Team Manager disagree with this decision, refer to "APPEALS".
- 9.3.7. The appropriate Referee may warn or exclude an athlete guilty of acting in an unsporting or improper manner. The athlete may be disqualified if this behaviour is repeated.
- 9.3.8. The Competition Manager will notify the athlete's Centre Team Manager. If the Team Manager is not present at the Competition, a letter will be sent to the Centre.
- 9.3.9. If such behaviour is exhibited and recorded at a Regional competition, the Association is to be notified by the Regional Competition Coordinator. The information will be passed on to the Competition Manager of the next Association Carnival.

9.4 APPEALS

- 9.4.1. The Jury of Appeal shall be comprised of the Regional Competition Coordinator (Regional Competitions) / Board appointee (LAQ Championships) as Chairman and three (3) independent Association members i.e. any Centre not named / involved directly in the protest or appeal; including the Centre of the Official directly involved in the original ruling. No member of the jury will enter into any discussion or voice any opinion on the protest outside the jury room.

- a) Six (6) to eight (8) LAQ members may be appointed at the beginning of each Competition season to be part of a Jury of Appeal pool that can be called upon when/if required at LAQ Championship events. '11 04 13
- 9.4.2. Should any Team Managers wish to take any Referee's decision further (i.e. to the Jury of Appeal), they must advise the Referee (verbally) immediately he hands down his decision, and within fifteen (15) minutes submit the appeal to the Announcer in writing (using the proforma supplied).
- 9.4.3. The Announcer will check the time of receipt and providing everything is in order, will announce an appeal has been made.
- 9.4.4. Once an appeal or other matter has been referred to the Jury of Appeal for decision, the Referee shall supply all the relevant information that is available and the reason for his decision. In no case shall a Team Manager or any other person, Athlete or Official, approach the Jury of Appeal except by invitation. The Jury will try to ensure they obtain input from all relevant sources.
- 9.4.5. To arrive at a fair decision, the Jury of Appeal may consult all available evidence and interview all those whom they consider necessary. BoD 9 ('15)
- a) Video evidence shall not be used for Race Walking events in the deliberation of protests / appeals lodged in relation to breaches of the contact or knee rules. '15 08 11
- 9.4.6. If an appeal is upheld, the Team Managers of all affected Centres must be informed of the decision before any public announcement is made, so that they may inform the athletes involved directly.
- 9.4.7. An announcement of the decision will subsequently be made.
- 9.4.8. The Jury's decision is final and no subsequent discussion or correspondence will be entered in to.

10. OFFICIALS

10.1 APPOINTMENT OF OFFICIALS

- 10.1.1. Trainee Officials cannot hold Chief Judges duties at State Relays or State Championships. All other duties can be performed for practical assessment but not the duties of the Chief Official.
- 10.1.2. That the Board of Directors be required to (give) preference to appointment of Officials from personnel involved in Little Athletics, unless qualified people from within the movement are unavailable and or unwilling to act. 02 ('86)

10.2 TEAM MANAGERS

- 10.2.1. The Team Manager shall not be a Competition Official.
- 10.2.2. Each competing Centre shall designate one or more person(s) to be their Team Manager at LAQ competitions where Centre athletes have been nominated. The Team Manager(s) must be present at the arena, before the commencement of and during events in which the Centre's athletes are competing and be responsible for:
- a) Ensuring that all competing Centre athletes are aware of the event times, as well as the call time for their respective events.
 - b) Ensuring that all athletes report to the Call Room / event areas once they have been called.
 - c) Ensuring that all athletes are correctly attired in the Centre uniform before being marshaled for events.
 - d) Advising the relative Call Room Judge(s) and Chief Recorder if an athlete withdraws from any events.